

DOCUMENT RESUME

ED 446 805

PS 027 726

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TITLE Raising Good Kids in Tough Times: 7 Crucial Habits for Parent Success.
ISBN ISBN-0-9640558-9-9
PUB DATE 1999-06-00
NOTE 251p.
AVAILABLE FROM Summit Crossroads Press, 126 Camp Harmison Drive, Berkeley Springs, WV 25411-4009; Tel: 800-362-0985 (Toll-Free); e-mail: SumCross@aol.com; Web Site: <http://www.parentsuccess.com> (U.S., \$14.95; Canada, \$19.95. Add \$3 for the first book, \$1 for each additional book. West Virginia residents must add 6% sales tax).
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Behavior Problems; Child Behavior; *Child Rearing; *Discipline; Family Environment; Listening Skills; *Parent Child Relationship; Parent Role; *Parenting Skills; Values Education

ABSTRACT

Noting that parenting today is challenging because of the dangerous examples and attitudes to which children are exposed, this book discusses seven habits that parents can adopt to help them establish a good relationship with their children. Chapters 1 through 3 discuss the habits that deal with the styles and routines in daily situations: (1) "Habit 1: Listen Well" includes rules for "little" talks and cautions for parents in conversation; (2) "Habit 2: Teach Well" includes a discussion of computer use and problem students; and (3) "Habit 3: Show Them You Like Them--Help Them Like Themselves" includes a discussion of ingredients for a good parent-child relationship and undesirable habits by default. Chapters 4 through 7 explore strategies that have parents' happiness in mind as well as the child's progress: (4) "Habit 4: Send the Right Messages about Values and Character" includes a discussion of values learned through family connections, and children and movies; (5) "Habit 5: Mind Your Model" includes a discussion of what is good behavior and how much explanation is required for children; (6) "Habit 6: Use Caution with Punishment" includes a discussion of punishment alternatives and the work of being a parent; and (7) "Habit 7: Keep Your Adult Perspective" includes a discussion of how friends and parent teams can help. The book contains exercises that give parents the opportunity to take an objective look at how their children are dealing with their family experiences and how parents can maintain an enjoyable family life. The book concludes with extra behavior charts for photocopying. (LPP)